md the intellect), these seven worlds in which the breaths
n the heart placed by sevens (in each creature) move about.

"9. From him come out the seas and all the hills, and
From him flow rivers of all kinds. From him also arise all
plants and the sap wherewith the inner self subsists with the
elements.

10. The Person alone is all this : he is karma *(i.e.,*
deeds), discipline, and the supreme, undecaying Brahman.
He who knows him as hidden in the heart, my dear, cuts the
Icnot of ignorance even here.

Section ii. "1. Brahman is manifested and very
near ; it goes by the name ((moving in the heart " and is the
igreat shelter. All this, whatever moves, breathes and winks
.rests in this. Know that which is gross and subtle, adorable,
ithe highest, and beyond the understanding of creatures.

" 2. That which is shining, smaller than an atom, in
which rest the worlds and their inhabitants, is the undfecaying
Brahman. It is life, and it is speech, and the sensorium.
It is truth, it is immortal. That is to be hit, hit it, my dear.

(c 3. Taking the bow, the great weapon, spoken of in the
TJpanishads, aim the arrow sharpened by worship. Drawing

the bow with a mind fixed on that, hit that same, undecaying
One, my dear.
" 4. *Aum* is the bow, the mind is the arrow. Brahman
is that mark/ It is to be hit with a tranquil heart. One
"should become one with it as an arrow becomes one with the
-mark.
" 5. Know that One Self alone in which heaven, the
earth, the sky, and the sensorium, with all the vital airs, are
woven, give up other words. It is the bridge of immortality.
tc 6. In the heart, in which the arteries are fixed, as
•spokes in the nave of a chariot-wheel, he moves about,
taking different forms. Meditate on the self thus, *Aum,*
May it be all right with you in your attempt to pass to the
other side of darkness.